

## **Mandatory Poses**

- Front Double Biceps
- Rear Double Biceps (one leg can be placed further)
- Front Lat Spread
- Rear Lat Spread (one leg can be placed further)
- Side Chest (side is athlete's choice)
- Side Triceps (side is athlete's choice)
- Abdominal and Thigh (hands over head, one leg further)
- Most Muscular (Hands on Hips or crab)

## **General information**

- The starting numbers are placed on the right side in the front and on the left side in the back on the posing bottoms
- Posing routines can last from 30-60 seconds
- The competition consists of prejudging, finals and the overall

## **Judging Criteria**

- The judges judge the following criteria in round 1: proportions and overall picture, symmetry of upper and lower body, of back and front view, and left and right body half
- The judges judge the following criteria in round 2: muscle mass in proportion of height, bone structure, muscle quality and -definition, muscle separation and vascularity

## **Music**

- The music has to be sent by the athlete to [info@wnbf-germany.de](mailto:info@wnbf-germany.de)  
Deadline is one week before the competition!
- Every athlete is responsible for sending the music in time
- If not sent, WNBf Germany is choosing the music.
- Die Music is not allowed to be vulgar
- The duration of the music can't last longer than the posing routine. After finishing the music will be stopped.

## **Suit**

- The posing slip has to be a V cut. Thongs are not allowed. The back of slip should not be moved to accentuate poses.
- The posing slip is not allowed to have imprints.
- The posing slip has to be tight.
- Jewelry is not allowed unless engagement and marriage rings.
- Requisites of any kind are only allowed in the posing routine.
- Decorative clothing is only allowed in the posing routine.
- The suit has to be clean and free of tanning products

## Behavior

- Athletes have to follow the jury's posing instructions
- Bumping and pushing other competitors on stage is strictly prohibited. Any kind of physical or vocal conflicts can lead to a disqualification. Companionable and with sportsmanship driven posing with other competitors is permitted.
- The Moon Pose (bending over) is not permitted

## Prejudging

- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes will be asked to do quarter turns.
- Prejudging is based on the symmetry (round 1) and muscularity (round 2)
- The athletes are asked to do quarter turns and then mandatory poses
- Feet have to be on the floor except when a spread leg is allowed
- Feet are never allowed to be placed further than shoulder width apart.
- Arms are never allowed to be exaggeratedly spread.
- The line of vision has to be aligned with the foot positioning
- The jury is allowed to call out comparisons.
- The jury is allowed to call out athletes to correct poses.

## Finals

- **All athletes** are part of the finals.
- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes could be asked to do quarter turns or mandatory poses.
- The judges announce the Top 5.
- Top 5 presents their routines in numerical order.
- Awards ceremony will take place.
- The rules for finals are the same as for prejudging.

## Posingkür

- The posing routine is part of the finals and happens after the announcement of the Top 5.
- The jury asks the athletes in numerical order to present their routines.
- The duration can last up to 60 seconds. After 60 seconds the WNBf Germany is allowed to stop the routine and call out the next athlete.
- The athletes are allowed to choose poses in her individual routine in accordance to the WNBf rules in order to accentuate their physique to their best.

## Overall

- Every first-place winner of the bodybuilding classes is competing against each other in the overall.
- Upon request by the jury athletes will be asked to do quarter turns and mandatory poses.

- In the so called posedown athletes can place themselves in directly in front of the jury. In a duration of 60 seconds music will be played where the athletes can choose their poses to accentuate their physique to their best and aim for the jury's attention.
- After the posedown the overall bodybuilding winner will be announced. The winner gets rewarded with the WNBFF Bodybuilding Pro Card.